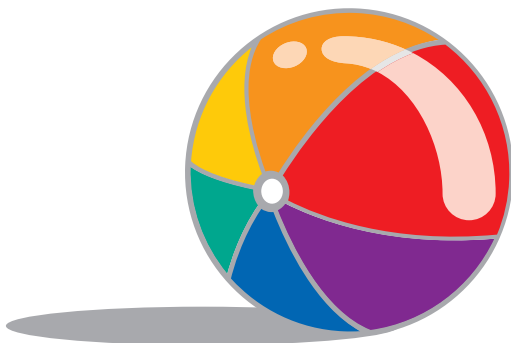


safety builders



Important Information

It is a good idea to keep up-to-date information about your child as a safety measure in case she gets lost or is ever missing and you need to tell people what she looks like. Take a picture of your child at least once a year, and on the back of it write her age, her height, her weight, color of hair and color of eyes and any marks on her body that are unique, such as a birth mark or scar. Pin the picture up on a bulletin board, stick it on the mirror in the bedroom, or keep it in your calendar – somewhere you will be able to easily find it if you ever need to.



Make a Phone List

Sometimes it's hard to find a phone number fast – especially when you most need it! Take a few minutes and make your own emergency phone list. Include things like family phone numbers, doctor and dentist numbers, and poison control (the place to call if you think your child has swallowed something poisonous: 800-222-1222). Include your address so that if another adult is watching your child and needs to call 9-1-1, the house address is handy.



2

two year old

Tub Time, Teaching Time

Your two-year old can sit and stand by himself. He can splash and play by himself and even use a wash-cloth to clean himself. So you might be tempted to let him be alone in the tub just for a few minutes. But don't! Always stay with your child when he is in the tub. Use this time as fun teaching time.

- Read to your child to help him learn new words.
- Give him several small containers so he can practice pouring and measuring and learn concepts like full and empty.
- Use tub time as a time to talk about his day – what was fun, what was not.
- Take turns making up silly rhymes about the tub.
- Play sorting word games or do hand motions to rhymes or songs.

Helmets On Please!

Tricycles and scooters can be hard on your toddler's body! Even riding in a child's seat on your bicycle, your child needs a helmet to protect her head. In fact, California law requires that children under 18 years old must wear a helmet. Your child may not like to wear a helmet, but if you start having her wear one early and every time she rides, she will get used to it. Your child will be more likely to wear the helmet if she helps choose it. Plan a special trip to the store to pick out a helmet together. If your child likes stickers, you can buy some special ones for her to put on her helmet too.



Buckle-Up Buddy

Let your two year old be your “buckle-up buddy.” Every time you get in the car, and buckle him into his car seat, talk to your toddler about how important it is to wear a seat belt. When you put on your seat belt, talk to him about how you have to wear a seat belt too (and anyone else in the car). Ask him to be your buckle-up buddy and remind you to wear your seat belt. One time after you strap your child in and are in your seat, leave your seatbelt off (before starting to drive). Ask your child:

Uh-oh! What did I forget?

See if your child notices, or help him remember that you don't have your seatbelt on. Then make a big deal of putting it on before your drive begins. Another time, “forget” to strap your child in, and see if he will tell you that he needs his seat belt fastened. If he doesn't notice, then remind him and fasten his belt before you drive. With lots of practice, and by making him your “buckle-up buddy” your child will soon be reminding you how important his seatbelt is!

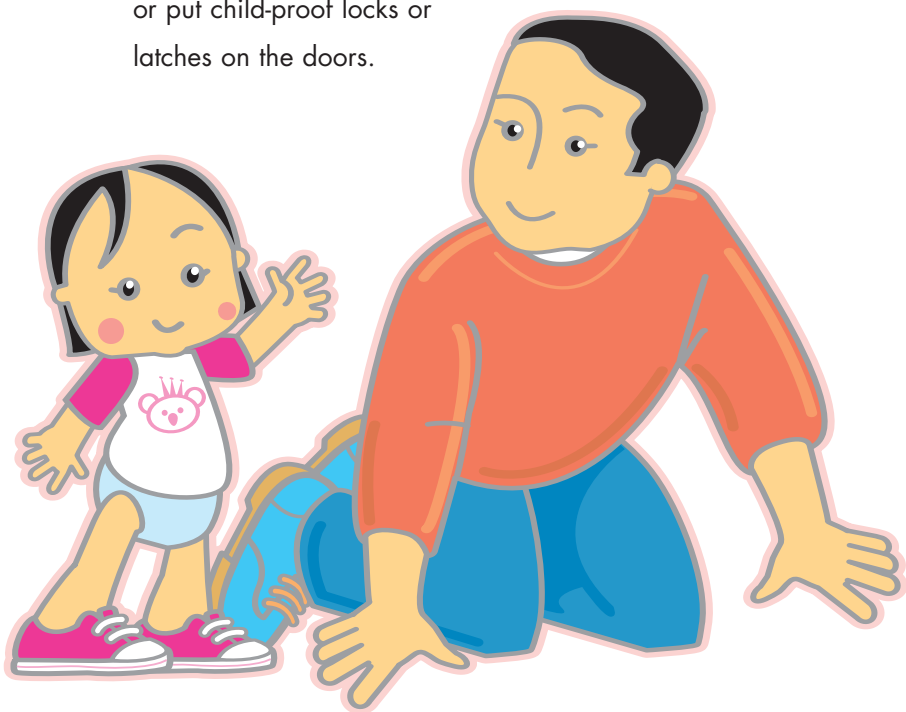
Stop, Look, Listen

Your two year old is too young to cross a street by himself. But you can start teaching him the safe way to cross by showing him how to stop, look and listen each time you cross a street together. When you reach the street, stop with your child. Say the word, **STOP** to make sure your toddler understands. Then make a big deal of looking both ways down the street for cars or bicycles coming toward you. Say **LOOK** and make sure your child is looking with you. Finally, say **LISTEN** and take a minute to listen for any traffic that you may not be able to see because of parked cars or bushes blocking your view. You can help your child remember by putting hand motions to these words too! When you say "stop," hold your hand up in front of you. When you say "look" put your hand above your eyes as if to shade them, and when you say "listen" hold your hand up to your ear. Be sure to only cross at cross walks.



An Eye-Level View

Your two year old is still too young to understand that something can be harmful to her – even if you’ve told her many times. So here’s a way to check out your house to see what looks interesting to your child from her view – get down on your hands and knees! Even though your child is walking, if you are crawling, she’ll want to crawl with you, or walk alongside you. Take one room at a time, and see what she looks at, or reaches for. Remove anything that can be harmful to your child, or put child-proof locks or latches on the doors.



Smoke Alarm

Purchase a smoke alarm for each level of your home (first floor, second floor). For extra protection, you can put a smoke alarm in the rooms that you sleep in, and outside the room too. Talk to your child about a smoke alarm and how it will make a loud noise if there is smoke in the house. Talk about how if there is a fire in the house, there will be smoke and you need to get outside quickly. The alarm sound will wake you up if you are sleeping or get your attention if you are in another part of the house. You should change the batteries in your smoke alarm twice a year. One idea to help you remember is to change the batteries and test the alarm when the time changes to and from daylight savings time. The alarm may be too loud and scare your child, so you may want to test it when she is in another room or with another adult.



Fire Drill

There's a good chance that if a fire breaks out in your home, you will not be expecting it. But you can have a plan for what to do if there is a fire. Most importantly, you need a plan for how you will get out of the house quickly. You can make a fun activity out of pretending that there is a fire in the house, and walking your toddler through the steps of listening for the smoke alarm, and walking with you through your "escape route." This may be down hallways and through doors to a front yard or back yard, or out through a bedroom window. By practicing together, you will find out if you need to create a way to get up to a window or drop down to the ground safely, or if you need to clear a better pathway to outside.

My Name

Help your child learn her full name, which is important if she gets lost or separated from you. It is easier to remember with a song or a rhyme, so try making up a song, rhyme, or clapping beat that will help your child remember. Help her practice saying her name in this fun way over and over again so that she can remember it. She will want to learn your full name too, and you can use this to help her remember her name. Ask, **What is mommy's first name? Lisa, that's right. And what is your first name? What is your last name?** And so on.



Notes